



Intro to T'ai Chi

Learn the fundamentals of T'ai Chi, and how this ancient art form can help balance your daily life. T'ai Chi has been proven to help with physical ailments – such as diabetes and high blood pressure – and also improves mental clarity and focus. You'll learn 9 easy to follow moves, and then put them all together into a traditional T'ai Chi Flow to help balance all aspects of your life. Discover the T'ai Chi principles – Slow Down and Relax – as you learn the moves to a DVD class.

Dates: January - December (off on major Holidays)

Time: 10:30am-11:30am

Days: Tuesdays and Thursdays

Fee: Free (just check in at the office)

Min. 6/Max. 20

Ages: 55-99+



Please note that by registering for any program your photo may be used in advertising!

Intro to T'ai Chi: Make Checks Payable to: Merrillville Parks and Recreation

Students Name: _____

Address: _____

Phone: _____ Birthdate: _____/_____/_____

e-mail: _____

Class session enrolling in: _____